Title: Physical Therapy Intervention in the Patient Diagnosed with Breast Cancer: Surgery, Chemotherapy, Radiation Therapy and Hormone Therapy Considerations

Course Description:
This course will focus on educating physical therapists and physical therapy students about the routine medical and surgical management for patients diagnosed with breast cancer. The presentation will delve into the short and long-term effects that are associated with surgery, chemotherapy, radiation therapy and hormone therapy.

The presentation will begin with epidemiological data regarding the incidence and prevalence of breast cancer and other cancers. According to the American Cancer Society, one in two males and one in three females will have a cancer diagnosis in their lifetime. These statistics mandate that physical therapists have a better understanding of the component parts of cancer treatment and how they affect a patient’s ability to function and that these individuals, once treated for cancer, present with ‘unique’ considerations for the physical therapist treating them in the future.

While this presentation will focus on breast cancer, the information is applicable to other cancer diagnoses. There will be 3 primary speakers that are each responsible for a section of the research and presentation. Michelle Oloskey will describe the various surgical procedures and reconstruction choices available and the specific considerations associated with each; Sarah Burnham will discuss the chemotherapy considerations; Jennifer Robbins will be responsible for presenting radiation and hormone therapy considerations.

Many breast cancer survivors are left with extensive physical limitations that arise from the aggressive interventions that are implemented in order to manage, and ultimately, combat the disease. Therefore, the ability to return to prior level of function and overall quality of life can be significantly impacted. Once a woman has a breast cancer diagnosis in her history, there are specific considerations that will influence the care provided by physical therapists throughout the remainder of the woman’s life. Therefore, physical therapists in all settings must be comfortable with their understanding of the medical and surgical interventions in the patient diagnosed with cancer and be proficient in recognizing how to safely treat the patient once treated for cancer.

Throughout breast cancer treatment, the physician’s focus is primarily on curing the disease and prolonging life. Once the patient completes the medical and surgical treatment, the focus should shift to improving quality of life and helping women achieve their peak functional capacity. Therefore, this session will hopefully give physical therapists the necessary information, insights and tools to enhance the quality of care delivered to this patient population.

Course Learning Objectives

Approved by the APTA of MA Board of Directors: Feb 2011
Attendees will be able to:

1. Describe the importance of PT intervention in the patient with breast cancer with respect to quality of life and functional levels.
2. Identify potential secondary effects of each intervention, surgery, chemotherapy, radiation and hormone therapy, which if not addressed early on, can create later dysfunction.
3. Select PT strategies appropriate to treat a patient with breast cancer depending on the type of medical/surgical interventions received.
4. List the short and long-term considerations associated with each different surgical procedure or reconstructive choice.

i. Introduction: 10 minutes

ii. Surgical Considerations: 20 minutes

iii. Chemotherapy Considerations: 20 minutes

iii. Radiation and Hormone Manipulation Therapy Considerations: 20 minutes

v. Additional Considerations: 10 minutes

vi. Closing: 5 minutes

vii. Question & Answer Period: 5 minutes

speakers:
Nancy Roberge, PT, DPT, M.Ed.

Michelle L Oloskey, DPT/S
112 Forest Street • Duxbury, MA 02332 • (H)781-834-1590 • (C)781-910-7342

Education:

University of Vermont, Burlington, VT
Fall 2009-Spring 2011

Boston University, Boston, MA
Sargent College of Health and Rehabilitation Sciences
Bachelor of Science (May 2013)
Major: Health Sciences

Boston University, Boston, MA
Sargent College of Health and Rehabilitation Sciences
Doctor of Physical Therapy (Anticipated May 2015)

Certifications & Memberships:
American Safety Health Institute CPR and AED (Exp. June 2015)
Approved by the APTA of MA Board of Directors: Feb 2011
Boston University Physical Therapy Association Member (2012-present)

Member of the American Physical Therapy Association (APTA) (2012-2013)

Physical Therapy Experience:

Integrated Clinical Experience (Fall 2012)
Boston University Physical Therapy Center (OP ortho), Boston, MA

Integrated Clinical Experience (Spring 2013)
Spaulding Rehabilitation Hospital (LTAC), Cambridge, MA

Full-Time 6-Week Clinical Experience (Summer 2013)
Rehabilitation Specialists Inc., Quincy, MA

Full-Time 12-Week Clinical Experience (To Be Completed During Summer 2014)
Spaulding Rehabilitation Hospital, Sandwich, MA

Sarah J. Burnham, DPT/S
59 Prospect Street • Swampscott, MA 01907 • (H)781-593-5519 • (C)617-835-6714

Education:

University of Virginia, Charlottesville, VA
Fall 2009-Spring 2010

Boston University, Boston, MA
Sargent College of Health and Rehabilitation Sciences
Bachelor of Science (May 2013)
Major: Health Sciences

Boston University, Boston, MA
Sargent College of Health and Rehabilitation Sciences
Doctor of Physical Therapy (Anticipated May 2015)

Certifications & Memberships:
American Safety Health Institute CPR and AED (Exp. June 2014)
American Safety Health Institute First Aid Certified (Exp. June 2016)
Boston University Physical Therapy Association Member (2012-present)
Member of the American Physical Therapy Association (APTA) (2012-2013)

Physical Therapy Experience:

Approved by the APTA of MA Board of Directors: Feb 2011
Integrated Clinical Experience (Fall 2012)
Marathon Sports Medicine and Physical Therapy, Newton, MA

Integrated Clinical Experience (Spring 2013)
Spaulding Rehabilitation Hospital (LTAC), Cambridge, MA

Full-Time 6-Week Clinical Experience (Summer 2013)
North Shore Medical Center - Salem Hospital, Salem, MA

Full-Time 12-Week Clinical Experience (To Be Completed During Summer 2014)
Bay State Physical Therapy, Beverly, MA

Awards:
Graduated Magna Cum Laude with BS in Health Sciences from Boston University’s Sargent College of Health and Rehabilitation Sciences (May 2013)

Jennifer B. Robbins, DPT/S
290 Corey Rd #12 • Brighton, MA 02135 • 914-844-9833

Education:
Boston University, Boston, MA
Sargent College of Health and Rehabilitation Sciences
Bachelor of Science (May 2013)
Major: Athletic Training

Boston University, Boston, MA
Sargent College of Health and Rehabilitation Sciences
Doctor of Physical Therapy (Anticipated May 2015)

Certifications & Memberships:
American Safety Health Institute CPR and AED (Exp. May 2015)
Board of Certification (Expected June 2014)
Boston University Physical Therapy Association Member (2012-present)
Boston University Students of Athletic Training Association Member (2009-2013)

Physical Therapy Experience:
Integrated Clinical Experience (Spring 2013)
Newton Wellesley Hospital, Newton, MA

Full-Time 8-Week Clinical Experience (Summer 2013)
Harmeling Physical Therapy, Wenham, MA

Approved by the APTA of MA Board of Directors: Feb 2011
Full-Time 12-Week Clinical Experience (To Be Completed During Summer 2014)

Boston Medical Center, Boston, MA

Athletic Training Experience:

Part-Time 16-Week Clinical Experience

Boston University, Boston, MA
Women’s Rowing (Spring 2013)
Men’s Basketball (Fall 2012)
Women’s Rugby (Spring 2012)
Men’s Lacrosse (Spring 2011)

Harvard University, Cambridge, MA
Women’s Ice Hockey (Fall 2011)

Massachusetts Institute of Technology, Cambridge, MA
Men’s Soccer (Fall 2010)